

## KEEP TRACK OF YOUR WEEKLY WORKOUTS

|           | Date | Workout: Results and Comments | Time | Distance | Cumulative Distance |
|-----------|------|-------------------------------|------|----------|---------------------|
| Monday    |      |                               |      |          |                     |
| Tuesday   |      |                               |      |          |                     |
| Wednesday |      |                               |      |          |                     |
| Thursday  |      |                               |      |          |                     |
| Friday    |      |                               |      |          |                     |
| Saturday  |      |                               |      |          |                     |
| Sunday    |      |                               |      |          |                     |
|           |      | WEEKLY TOTALS:                |      |          |                     |

|           | Date | Workout: Results and Comments | Time | Distance | Cumulative Distance |
|-----------|------|-------------------------------|------|----------|---------------------|
| Monday    |      |                               |      |          |                     |
| Tuesday   |      |                               |      |          |                     |
| Wednesday |      |                               |      |          |                     |
| Thursday  |      |                               |      |          |                     |
| Friday    |      |                               |      |          |                     |
| Saturday  |      |                               |      |          |                     |
| Sunday    |      |                               |      |          |                     |
|           |      | WEEKLY TOTALS:                |      |          |                     |



105 INDUSTRIAL PARK DRIVE MORRISVILLE, VERMONT 05661-8532  
 PHONE: 800.245.5676 INT'L PHONE: 802.888.6333 FAX: 802.888.4791  
 ROWING@CONCEPT2.COM CONCEPT2.COM